

THE TIMES DAILY MAGAZINE PAGE

Why Men Won't Carry Packages

An Anonymous Interview With a Meek Married Man On the Constitutional Opposition of All Men to the Carrying of Bundles, Packages, and All Bulky Imperimenta—Please Do Not Be Overcome With Your Own Wit—Yes, We Know of a Certain Kind of Package That They Carry Willingly.

Q: Why do men hate to carry packages?
A: Because men have no laps. Because a man can't read the paper and have both hands free if he has a package. And men don't sit in car like women. Women just sit and look, but men like to sit and read or think. Men do not like to be beasts of burden.

Q: But men don't HAVE to carry packages because they don't sit in your pockets (all grammar is original and peculiar to C.H. not questioner) and if they do they bulge and a policeman might think it's a gun or the girl next to you a bottle of whiskey.
A: Men have to carry packages because they don't sit in your pockets (all grammar is original and peculiar to C.H. not questioner) and if they do they bulge and a policeman might think it's a gun or the girl next to you a bottle of whiskey.

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Bundles are dangerous.

RECIPES

Punch.
Mix the juice of six lemons, the juice of four oranges, one pint of grape juice, and add two quarts of carbonated water. This comes from a professional soda fountain man, and is his favorite mixture for home consumption.

Cucumber Lemonade.
A favorite warm day beverage of a famous American playwright, is the following: Slice a cucumber lengthwise, keeping the rind on. Rub these slices against the inner surfaces of the pitcher quite as an Italian chef rubs a salad dish with garlic. Squeeze the juice of four lemons into the pitcher. Add and stir in four tablespoonsful of sugar. Pour in chilled water to taste, and, if approved, a dash of claret.

Apple Sauce Cake.
When the first early fall apples come, and before they are scarcely well ripened enough to use as eating apples, make up some apple sauce. It will have a good, tart flavor, and is especially good for using in old-fashioned apple sauce cake. Here is a recipe for a cake of this character, which is contributed by a bachelor reader. He declares that he goes frequently to visit at the house of a certain friend in the country for the express purpose of getting a few slices of this delectable cake, which he describes as unequaled. So many of his friends who have heard him discourse on the merits of this cake have asked for the recipe that he has had multitudinous copies struck off for distribution. It has come to be a sort of fad with him. Here is the recipe: One cupful of sugar; 1/2 cupful of butter, unwaxed; 1/2 cupful of lard; 3/4 cupful of shortening; 1 cupful of raisins; 1 cupful of currants; 1 teaspoonful of salt; 1 teaspoonful of cinnamon; 1/2 teaspoonful of cloves; 1 nutmeg. It will stand more fruit if desired.

Savory Rice.
Peel and slice four ounces of onions and throw them into cold water; let them boil up quickly, and then drain, and mince them. Put 3/4 ounces of rice into a double boiler, add 1 1/2 cups of water and pour it over the rice, and add the minced onion. Let them stew until the rice has absorbed all the milk, which will take quite two hours. Remove the pan from the fire and stir in one heaping tablespoonful of chopped parsley. Season the mixture to taste. Butter a baking dish, and put in the rice, cover with two ounces of bread crumbs, and break up 1/2 an ounce of butter in small pieces, and place it over them. Brown as quickly as possible in a hot oven or before the fire.

Member of Congressional Union Tells How She Won Carnegie Medal

Miss Lucy Branham the Only Life Saver To Be Found Among Varied Collection of Professional Women In Suffrage Body.

Woman Who Saved Man's Life Shows Her Concession To Femininity By Appearing In Pretty Hat and Modish Georgette Blouse.

THE Congressional Union has a representative collection of members from all parts of the country. It has women lawyers and women doctors, and a whole lot of other professional people that you read about in the papers. But it has only one life saver—and she isn't a professional. Her name is Miss Lucy Branham.

Miss Branham is one of the union's latest recruits. Though her mouth is firm and determined she shows her concession to femininity in the most modish of up-to-date fall hats and a becoming blouse of georgette crepe daintily trimmed.

And this is how she came to win a Carnegie medal. The medal, by the way, is such a huge thing no one could think of wearing it; like the kind you get for selling the most tickets to a May ball.

A Complicated Story.
"The story is rather complicated," she began a bit ruefully, "and it dates back to the time when I was teaching school in Florida, on Tampa Bay."

"A number of the girls were out in front in the water having a swimming lesson, while I was hearing lessons in the patio.
"At high tide the water came well up on the end of the pier and the girls could not go out very far.
"It was low tide when the accident happened, and the girls had gone out a long way in order to find water that was deep enough to swim in at all.
"There had been a number of workmen dredging out the bay near the pier. They had been digging out a great deal of the place where the girls were swimming, with the instructor in charge.
"All of a sudden the teacher looked up to see that one of the girls had disappeared. The girls commenced screaming at once, but most of the others thought it was only a game. We in the patio heard it, but we thought it was part of the sport, and I knew that I didn't think it serious until I saw one of the workmen dashing down the steps and realized that there had been an accident."

Workmen Struggling.
"There was no time to lose. I dashed out of the classroom without disarming my class, out on the pier, and dived into the water. Two of the workmen were struggling, clutching each other frantically.
"The swimming teacher was coming back to shore with one of the girls, who has half drowned. When I saw that they were safe, I went out after the men.
"The smaller seemed to be in greater distress, so I gave him my hand and towed him gently to water within his depth. By the time he had reached safety and I looked around for the other man, he was gone. There was not a ripple to show where he had gone down.
"We dived again and again after the man. We had been told that the greatest depth was fifteen feet, and we went down to that depth repeatedly, but we

could not find him, nor did he rise to the surface again.
"Later they sent out a more complete outfit with grappling irons and nets, from the city, and they found the man. They tried artificial respiration with him, and that failed, and they just did save the life of the girl who was with the swimming teacher.
"Water Thirty Feet Deep.
"Afterward the men told us that they knew the hole had been dug, and that the water was thirty feet deep at that point, yet they never let us know.
"The family of the drowned man was in a terrible state, the wife being left with three little children. For a

time we thought she would kill herself.

"I was low in funds, and I had no support."

"Meanwhile we presented her case to the Carnegie commission. After about a year the notice came that she was to receive \$2 a month until she married, and her children \$1 a month each, but just a week before the letter arrived she died."

"I was talking with one of the Carnegie men about the fund, and he said that when Mr. Carnegie wanted to start this philanthropy he did not know just which class of people was most deserving. At last he hit upon those who had saved lives. Odd isn't it?"

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MISS LUCY BRANHAM.

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Bachelor Girl's Reflections

By HELEN ROWLAND.

In a man's opinion no woman wants to hear the truth unless it has been spiced and sugar-coated until it sounds as convincing as a good lie.

What some people call "love" is merely sex-antagonism covered with a thin coating of passion, spiced with romance and tied with a slender string of curiosity.

Most bachelors seem to regard the "flower of love" as a dangerous species of poison ivy.

There are times when a man has to lubricate his conscience with alcohol so that it won't grate on his finer feelings.

A sense of humor is the only reliable life preserver on the sea of matrimony.

Don't look for a great love in a little-minded man; no man ever saw or felt anything bigger in this whole world than his own soul.

The most successful men are not those who have been inspired by a wise woman's love, but those who have perspired in order to gratify a foolish woman's whims.

Usually the only act of kindness a man shows to the woman who loves him too much, too long or too obviously is to refrain from marrying her.

The masculine soul has a strip of wax in it somewhere which sarcasm can't penetrate and tears roll right off of.

A woman knows that she has had a glorious time by the way her heart throbs the next morning—a man by the way his head throbs the next day.

(Copyright, 1916.)

How to Prepare School Lunch

W HAT shall schoolchildren be given to eat at noon in the lunch basket at the home lunch table, or in the lunchroom operated by the school authorities? To help answer this question, which almost every mother and many of the educational authorities are asking constantly, the department through the office of home economics, State's Relations Service, has issued "Furnish" Bulletin No. 712, School Lunches.

This bulletin, after discussing the general principles of feeding school children to provide for activity and develop them into sturdy manhood and womanhood, gives a number of simple and appetizing menus for the school lunch basket and bills of fare and recipes for preparing inexpensive and nourishing noonday meals or hot dishes for children, either at home, on a school stove, or in the domestic science kitchen.

Relation to Other Meals.

In feeding a child or anyone else, the authors of the bulletin point out, it is not wise to think of any one meal apart from the other two. It is seldom convenient to provide at one meal all the materials needed by a growing body, and those which are omitted from one meal should be supplied by one of the other meals. The noon meal for children, however, where food must be prepared at home in the morning to be eaten elsewhere at noon, or where the children must hurry home, eat quickly, and then rush back to school, offers special difficulties and deserves the careful attention of parents.

Dietary Essentials for Child.

Before it is possible to plan a national basket or other luncheon for children, it is necessary for the mother to understand the general essentials of diet for young people. These essentials in general are an abundance of simple foods, carefully prepared, and of sufficient variety to provide energy, repair wastes, provide elements for building bone and tissue, and stimulate growth.

This is the first of a series of three articles on school lunches, prepared by the Department of Agriculture. The second will discuss classes of food.

Upon getting up suddenly I have a heavy beating sensation with dizzi-

ness. This also happens upon any exertion.

This may be due to high blood pressure or to overactivity of the heart, which may require an examination. Several other things may possibly be at fault.

Answers To Health Questions

G. D.—I have hard callous places on the bottom of both of my feet. Any remedy you suggest for this will be greatly appreciated.

Plasters, protectors and softening lotions such as castor oil and vasoline do much good. After the feet have been soaked well in soap and hot water each night, try some of the following on the hard places:

Sodium bicarbonate.....15 grains

Salicylic acid.....1 dram

Extract cannabidiol.....1 grain

Colloids.....1 ounce

A. L.—Are there any authentic cases where a cure for nervous diseases has been made by reputable physicians through the means of hypnosis? I understand there are a group of doctors working under what is known as the Emmanuel movement in Boston who rely wholly on this method of treating nervous disorders. I also understand there is a physician in Philadelphia who specializes in this method.

I know of no permanent cures that are made by this method. The Emmanuel movement is not hypnotism at all.

J. D. M.—What is good for loss of pigment in the skin?

It is not serious and needs no treatment.

I. L. H.—Kindly advise me what you think of taking quinine for malaria in empty capsules. It is good to relieve the cough. But tubercular patients should be in outdoor sanatoriums where sunlight, fresh air, fresh vegetables, meat, eggs, milk, and cream can be obtained daily.

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Inspection by School Doctors Might Avoid Contagious Diseases

By DR. LEONARD KEENE HIRSHBERG.

FOR Johnny and Susie vacation days are over. There is no more baseball, tennis, swimming, and other sports in the great outdoors from morn till night. Books, slates, pencils, pens, rulers, and teachers now have away.

When the little red school house or any other kind of a school opens its doors, health often flies out at the windows as far as children are concerned, and, unhappily, contagious diseases, such as scarletina, diphtheria, whooping cough, measles, infantile paralysis, and mumps begin their dreadful reign.

The contagious infections of childhood are due to microbes or bacteria. While it is possible that some of these germs are spread through the air, the usual way in which children contract these ailments is by direct contact.

Mrs. G., a patient of mine, recently returned from a visit. Her two children were sent to school at once. No questions were asked by the health authorities.

Had the health commissioner ordered his health wardens and the school physicians in each school to investigate the experiences and visits of children who had been away from the city or even in their own towns, it would have been discovered that Mrs. G.'s two children had spent two weeks with a cousin, convalescent from